



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**TRAVEL SAFETY (30 SECONDS)**

The holiday travel season is upon us, and with that comes added traffic and congestion on the roadways.

This is Acting State Health Office Doctor Scott Harris, reminding you to buckle up before you hit the road. Motor vehicle crashes are among the leading cause of death in the United States, and the simple act of buckling your seat belt could prevent needless injury or the loss of life.

For more tips to keep you and your family safe this holiday season, visit us online at  
alabama-public-health-gov.

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